

# February 2012





**Nursery Hours**  
 Monday-Friday 9:00a-1:00p  
 Monday-Thursday 5:00p-8:00p  
 Saturday 9:00a-12:00p

**Club Hours**  
 Mon-Thurs 6am-10pm  
 Fri 6am-9pm  
 Sat 8am-6pm  
 Sun 9am-6pm  
[aldred.julie@epa.gov](mailto:aldred.julie@epa.gov)

**(859) 442-5800**

## GROUP FITNESS SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>YOGA</b>                      Now on Sundays @ 11:00am.                      Rejuvenate the mind, body, spirit and soul!</p>	<p><b>February is Heart Health month.</b>                      Keep your heart healthy &amp; strong!</p>	<p><b>TURBO KICK IS BACK!</b>                      Intense Cardio Kickboxing that's Funky &amp; Fun!                      Mondays @ 5:30pm</p>	<p>1                      9:15a <b>Power Surge</b>-Tammy                      9:30a Spinning-Angie                      10:15a Pilates-Michelle                      10:30a SENIOR SPIN-Kim                      5:00p ZUMBA-Katie                      5:30 &amp; 6:30p Spin-Kim/Tiff                      7:00p Yoga-Katy</p>	<p>2                      9:15a Muscle X-Stacy                      10:00a Absolute Abs-Stacy (15 min. class)                      10:30a Senior Fit-Sharon                      5:30p Muscle X-Jimmi                      6:35p Pilates-Stephanie                      7:30p JIMMI JAMZ</p>	<p>3                      6:10a Spinning-Kim                      9:15a <b>Cross Train</b> -Angie                      9:30a Spinning-Tammy                      10:30a Yoga-Michelle                      5:45p ZUMBA-Steve  <b>Wear Red Day!</b> </p>	<p>4                      9:15a Cardio                      Muscle Mix-Jill                      9:30a Spinning-Tiffany                      10:30a Pilates-Julie                      11:30a HIP HOP                      ZUMBA-Chad</p>
<p>5                      9:30a Spinning-Robin                      11:00a YOGA-Suzanne</p>	<p>6                      9:15a 2 Step-Julie                      9:30a Spin Core-Tammy                      10:30a SENIOR Fit-Julie                      5:30p 20/20/20-Brittany                      5:30p &amp; 6:30p Spin-Kim/Tim                      6:30p Pilates-Stephanie                      7:30p ZUMBA-Laurel</p>	<p>7                      9:00a Pilates-Suzanne                      10:00a Boot Camp-Amber                      10:45a Abs/Stretch-15 Min.                      5:30p Spinning-Joe                      5:30p Cardio Drills-Brittany                      6:00p Muscle X-Brittany                      7:00p ZUMBA-Aisha</p>	<p>8                      9:15a <b>Power Surge</b>-Tammy                      9:30a Spinning-Angie                      10:15a Pilates-Michelle                      10:30a SENIOR SPIN-Kim                      5:00p ZUMBA-Katie                      5:30 &amp; 6:30p Spin-Kim/Tiff                      7:00p Yoga-Katy</p>	<p>9                      9:15a Muscle X-Stacy                      10:00a Absolute Abs-Stacy (15 min. class)                      10:30a SENIOR Fit-Sharo                      5:30p Muscle X-Jimmi                      6:35p Pilates-Stephanie                      7:30p JIMMI JAMZ</p>	<p>10                      6:10a Spinning-Joe                      9:15a <b>Cross Train</b>-Angie                      9:30a Spinning-Tammy                      10:30a Yoga-Michelle                      5:45p ZUMBA-Steve  <b>Bring a Friend Friday! (\$5.00)</b></p>	<p>11                      9:15a Cardio                      Muscle Mix-Jill                      9:30a Spinning-Tiffany                      10:30a Pilates-Michelle                      11:30a HIP HOP                      ZUMBA-Chad</p>
<p>12                      9:30a Spinning-Robin                      11:00a YOGA-Katy</p>	<p>13                      9:15a Step/Boxing-Julie                      9:30a Spin Core-Tammy                      10:30a SENIOR Fit-Julie                      5:30p 20/20/20-Brittany                      5:30p &amp; 6:30p Spin-Kim/Tim                      6:30p Pilates-Stephanie                      7:30p ZUMBA-Laurel</p>	<p>14                      9:00a Pilates-Suzanne                      10:00a Boot Camp-Amber                      10:45a Abs/Stretch-15 Min.                      5:30p Spinning-Joe                      5:30p Cardio Drills-Brittany                      6:00p Muscle X-Brittany                      7:00p ZUMBA-Aisha  </p>	<p>15                      9:15a <b>PowerSurge</b>-Tammy                      9:30a Spinning-Angie                      10:15a Pilates-Michelle                      10:30a SENIOR SPIN-Kim                      5:00p ZUMBA-Katie                      5:30 &amp; 6:30p Spin-Kim/Tiff                      7:00p Yoga-Katy</p>	<p>16                      9:15a Muscle X -Stacy                      10:00a Absolute Abs-Stacy (15 min. class)                      10:30a SENIOR Fit-Sharo                      5:30p Muscle X-Jimmi                      6:35p Pilates-Stephanie                      7:30p JIMMI JAMZ</p>	<p>17                      6:10a Spinning-Joe                      9:15a <b>Cross Train</b>-Angie                      9:30a Spinning-Tammy                      10:30a Yoga-Michelle                      5:45p ZUMBA-Steve  <b>Bring a Friend Friday! (\$5.00)</b></p>	<p>18                      9:15a Cardio                      Muscle Mix-Jill                      9:30a Spinning-Tiffany                      10:30a Pilates-Julie                      11:30a HIP HOP                      ZUMBA-Chad</p>
<p>19                      9:30a Spinning-Robin                      11:00a YOGA-Suzanne</p>	<p>20                      9:15a Calorie Crush-Julie                      9:30a Spin Core-Tammy                      10:30a SENIOR Fit-Julie                      5:30p <b>TURBO KICK</b>-Jimmy (Turbo Charge your Heart)                      5:30p &amp; 6:30p Spin-Kim/Tim                      6:30p Pilates-Stephanie</p>	<p>21                      9:00a Pilates-Suzanne                      10:00a Boot Camp-Amber                      10:45a Abs/Stretch-15 Min.                      5:30p Spinning-Joe                      5:30p Cardio Drills-Brittany                      6:00p Muscle X-Brittany                      7:00p ZUMBA-Aisha</p>	<p>22                      9:15a <b>Power Surge</b>-Tammy                      9:30a Spinning-Angie                      10:15a Pilates-Michelle                      10:30a SENIOR SPIN-Kim                      5:00p ZUMBA-Katie                      5:30 &amp; 6:30p Spin-Kim/Tiff                      7:00p Yoga-Katy</p>	<p>23                      9:15a Muscle X-Stacy                      10:00a Absolute Abs-Stacy (15 min. class)                      10:30a SENIOR Fit-Sharo                      5:30p Muscle X-Jimmi                      6:35p Pilates-Stephanie                      7:30p JIMMI JAMZ</p>	<p>24                      6:10a Spinning-Joe                      9:15a <b>Cross Train</b> -Angie                      9:30a Spinning-Tammy                      10:30a Yoga-Michelle                      5:45p ZUMBA-Steve  <b>Bring a Friend Friday! (\$5.00)</b></p>	<p>25                      9:15a Cardio                      Muscle Mix-Jill                      9:30a Spinning-Tiffany                      10:30a Pilates-Michelle                      11:30a HIP HOP                      ZUMBA-Chad</p>
<p>26                      9:30a Spinning-Robin                      11:00a YOGA-Katy</p>	<p>27                      9:15a Step Drills-Julie                      9:30a Spin Core-Tammy                      10:30a SENIOR Fit-Julie                      5:30p <b>TURBO KICK</b>-Jimmy                      5:30p &amp; 6:30p Spin-Kim/Tim                      6:30p Pilates-Stephanie                      7:30p ZUMBA-Laurel</p>	<p>28                      9:00a Pilates-Suzanne                      10:00a Boot Camp-Amber                      10:45a Abs/Stretch-15 min.                      5:30p Spinning-Joe                      5:30p Cardio Drills-Brittany                      6:00p Muscle X-Brittany                      7:00p ZUMBA-Aisha</p>	<p>29                      9:15a <b>Power Surge</b>-Tammy                      9:30a Spinning-Angie                      10:15a Pilates-Michelle                      10:30a SENIOR SPIN-Kim                      5:00p ZUMBA-Katie                      5:30 &amp; 6:30p Spin-Kim/Tiff                      7:00p Yoga-Katy</p>	<p><b>Calorie Crush</b>                      A full body workout including cardio, resistance and core that burns maximum calories!</p>	<p><b>"CROSS TRAIN"</b>                      Intense interval training using a variety of equipment. For maximum results!</p>	<p><b>"POWER SURGE"</b>                      Best of both worlds. High intensity mini circuits you do as a group.                      Wed @ 9:15am.</p>